

11.



Make one square knot under the bead. Repeat so all the beads are attached.

12.

Now tie 15 square knots to complete the length of the bracelet.

13.



To make the fastener – take all the cords and tie an overhand knot. If you need to make this bigger tie another over the top; three work great.

14.



Put some PVA glue over the knot to secure it and when dry cut the ends.

15.



Enjoy wearing or gifting your bracelet!

This project has been created for us by Suzanne, member of the HomeBirds WI, Nottinghamshire Federation and federation trustee. Suzanne runs her own business 'SP Creative Crafts' and teaches with local adult learning courses with Inspire Nottingham.

www.SPCreativeCrafts.com
[@SPCreativeCrafts](https://www.instagram.com/SPCreativeCrafts)

CREATE YOUR OWN MACRAME PRIDE BRACELET



Created by Suzanne Plamping, WI member



WomensInstitute



facebook.com/thewi



womensinstitute

For more about the WI, including crafts, recipes, campaigns, and membership options, visit our website: www.thewi.org.uk

This Macrame Pride Bracelet is a great beginner level project for someone interested in having a go at macrame. You can use whatever you like to jazz up your bracelet. Here Suzanne shows you how to use rainbow wooden beads.

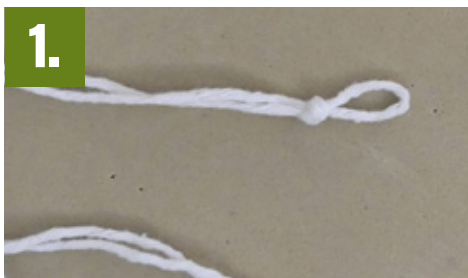


YOU WILL NEED:

- 80cm length of parcel string (referred to as cord) (red, orange, yellow, green, blue, violet)
- 250cm length of parcel string (referred to as cord)
- Wooden beads
- PVA glue
- Scissors
- Cork mat and pins or some tape (optional)

INSTRUCTIONS:

1.



Fold the 80cm cord in half and tie a knot (overhand knot) in the cord leaving approx. 1.5cm loop. This loop forms the clasp.

2.

Tape or pin the cords to board or table you are working on. These are called the leader cords.

3.



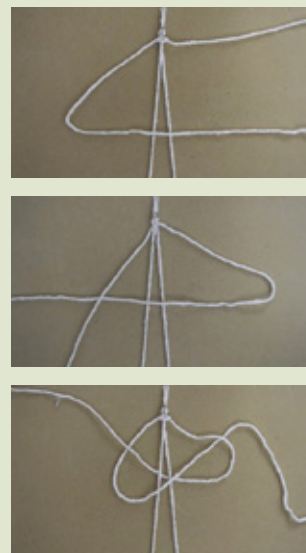
Fold the 250cm cord in half and lay the mid-point under the 80cm cord. These are called the working cords.

4.



Tie a memory knot in the right-hand side cord.

5.



Tie macrame square knot.

- Take the right-hand cord (one with knot at the end) over the two leader cords, creating a loop (like backwards number 4).
- Then under the left-hand cord (so over 2 cords and under one).
- Now take the left-hand cord take under the leader cords and out of the loop create with right cord. Pull tight.
- Now with the cord on the left hand-side (this is one with the knot) take this over the top of the leader cords and under the cord on the right. Making the loop like a number 4.
- Now take the righthand cord under the leader cords and out of the loop. Pull tight.
- This is a completed square knot, sometimes known as a flat knot as it lies flat.

6.

Complete 15 square knots or the number of knots that make the length 6.5cm.

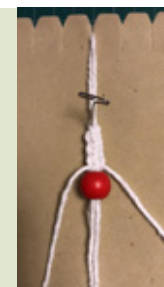
7.



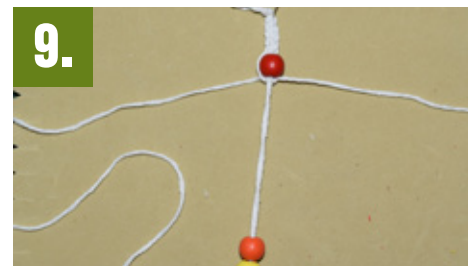
Now un-tape or un-pin the leader cords and slide on the all the beads and then re-tape or re-pin.

8.

Slide one bead up first, leaving the others at the bottom of the leader cords.



9.



Make one square knot under the bead.

10.

Now slide the next bead up.